

The Effect Of Free Sex Education On The Knowledge Of Free Sex In Adolescents In MTs. Maraqitta'limat Medas

Ahyar Rosidi¹, Bq. Fina Farlina², Suhaemi³, Nikmatul Aini⁴

^{1,2,4}Program Studi Ilmu Keperawatan, Sekolah Tinggi Ilmu Kesehatan Hamzar Memben Lombok Timur
³Program Studi Diploma III Kebidanan, Sekolah Tinggi Ilmu Kesehatan Hamzar Memben Lombok Timur

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Corresponding Author :

Ahyar Rosidi

E-mail :

rosidiahya2@gmail.com

ABSTRACT

Background & Objective: Sexual violence against children is a global issue that is still rampant in many countries around the world and affects children of various vulnerable ages. Sex education does not mean limiting their association with fellow friends, but aims to make them more careful in socializing. The purpose of this study is to determine the influence of sex education on knowledge about free sex in adolescents at MTs. Maraqitta'limat Medas in 2024. **Method:** Types of pre-experimental research with *One Grub pretest-posttest design*. A sample of 33 adolescents with a total sampling method. Respondents were given an intervention by providing health education, previously respondents were given a pretest before the intervention and a posttest after the intervention, The measuring tool used was a questionnaire about free sex. **Result:** The results of the statistical test using the Wilcoxon test with a value of $\alpha=0.05$ with an average value before the intervention was 8.00 and an average value after the intervention was 16.04. This shows that there is an influence of sex education on the knowledge of free sex in adolescents in MTs. Maraqitta'limat Medas. **Conclusion:** Based on the results of this study, it is hoped that health workers will be more active in providing education related to promiscuity in adolescents, as an effort to overcome promiscuity that is rampant in the community.

Introduction

Child sexual abuse is a global issue that is still rampant in many countries around the world and affects children of various ages (Sumiyarrini et al., 2022). Based on a meta-analysis compiled globally by WHO found that the prevalence of sexual violence in various countries in the world is 20% in girls and 8% in boys. The incidence of sexual violence is more prevalent in poor and developing countries (Irma, 2023).

Indonesia realizes the importance of sex education among adolescents. Sex education does not mean limiting their association with fellow friends, but aims to make them more careful in associating (Fuadi et al., 2022). Sex education has been perceived as a taboo and pornographic thing that should not be talked about, discussed, especially by teenagers. There are still few parties who understand and understand how important sex education is for adolescents. A strong factor that makes sex education difficult to provide to students formally or informally is the thinking of people who cannot be open and do not know the importance of sex education for adolescents (Sari et al., 2022).

Adolescents are the hope of the nation that will determine the life of the family, nation and state in the future. As the nation's hope generation, adolescents must have the potential to build a life and have a positive self-concept to understand and recognize themselves, because adolescents are a special concern for society and government (Leo, 2022). Free sex is currently happening a lot, especially among adolescents, it is very concerning where sexually active among adolescents today is a reality that cannot be denied and even pregnancy outside of marriage can occur (Tegar et al., 2024).

The problem of free sex today has become commonplace, including among students for the reason of being slang and for the sake of seeking pleasure alone, for example what happens to adolescent students where they used to uphold a sense of shame and maintain their behavior so as not to become the subject of gossip (Irma et al., 2023a), but now it happens to teenagers, 2023a), but now things that are considered taboo seem to be a common thing to show, for example the phenomenon of dating among students is no longer a foreign thing to talk about because we can see the phenomenon of dating anywhere, hugging, holding, being alone, smoking, drinking we can meet among students, including among junior high school students (Fatu et al., 2022).

The problem of free sex that occurs in adolescents will eventually lead to early marriage or underage marriage. School-age child marriage in West Nusa Tenggara itself is still relatively high compared to other regions in Indonesia such as Bangka Belitung, Jambi, North Maluku and so on (Rahman et al., 2024). According to Septi Panbriani (2022) as many as 500 students in (NTB) were married at child age (Safruddin et al, 2021). The data was monitored in 2020 from the NTB education office. In total there are 500 students who are married, as for the appeal to the community, especially parents to continue to look after and supervise their sons and daughters (Panbriani et al., 2022). In reducing the number of child marriages, the province of NTB already has a regional regulation on preventing child marriage. The Governor of NTB has issued a policy regarding the age of child marriage through a circular letter of the Governor of NTB No: 180/1153/Kum/2014 (Panbriani et al., 2022). The aim is to reduce the number of child marriages, especially in West Nusa Tenggara Province, the high rate of early marriages in NTB is inseparable from the promiscuity practiced by adolescents (Susilawati, 2022).

From the preliminary study conducted by researchers by observation and interviews at MTS. Mara qitta'limat obtained data that from the range of 2020-2023 there were already 3 students who married at an early age, the cause of many factors, one of which was the influence of the adolescent social environment and the lack of understanding of the negative effects of promiscuity and free sex was not fully known. So it is important for adolescents to get basic knowledge about the dangers and negative effects of free sex. Armed with this knowledge, it is hoped that it can minimize the existence of free sex and as a preventive stage of preventing free sex. Therefore, the

author feels interested in examining the effect of sex education and peers on knowledge about free sex in adolescents at MTs. Maraqitta'limat Medas.

Objective

The purpose of this study is to see if there is an effect of sex education and peers on knowledge about free sex in adolescents at MTs. Maraqitta'limat Medas.

Method

This study uses the type of Pre Experiment research with the design of One group Pretest and Posttest design all samples who become respondents will be measured the level of knowledge about free sex before and after being given an intervention in the form of health education related to free sex the level of knowledge is measured again to see changes after being given health education interventions related to free sex. This research was conducted at MTs. Maraqitta'limat Medas in August 2024.

The population in this study were all female students in grades VII, VIII and IX Mts. Maraqitta'limat Medas in the academic year 2023/2024 with a total of 33 people. The sample in this study was taken using a total sampling technique in which all populations were taken as research samples, namely a total of 33 teenagers at Mts. Maraqitta'limat Medas.

To obtain data related to the level of knowledge of adolescents about free sex, researchers used a questionnaire method. In the questionnaire there are several questions that will be answered in writing by the respondent. In this study, researchers used a questionnaire with a rating-scale form, namely a questionnaire that has available answers so that respondents can choose the answers. The questionnaire used is a questionnaire about free sex consisting of 20 statements where this questionnaire was adopted from research conducted by Ketut Rusma Rosalina, 2019. In this questionnaire there are statements about the meaning of free sex at points 1 and 2, the driving factors of free sex at points 3,4,5, examples of free sexual behavior at points 6,7,8,9,10,11,12, the impact of free sex at points 13, 14, 15, and prevention of sexual behavior at points 16,17,18,19,20.

The results of data collection in this study were tested using two data analyses, namely univariate analysis to process data that resulted in frequency distribution and percentage of respondent demographic data and the level of knowledge of adolescents about free sex before and after health education interventions related to free sex. Bivariate analysis was conducted by researchers to describe the distribution and search for influences related to the provision of education about free sex on the level of knowledge of adolescents about free sex, the data analysis used was the Wilcoxon test.

Results

1. Univariate Analysis

1.1. Respondent Characteristics

The characteristics of respondents can be divided into three categories, namely gender, age, class, pretest knowledge level and posttest knowledge level.

TABLE 1. Frequency distribution of respondent characteristics based on gender, age and class (n=33)

Characteristics	Frequency(f)	PresentaGe(%)
Gender		
Male	13	39%
Female	20	61%
Age		
13	8	24 %
14	14	43%
15	11	33%
Class		
VII	10	30%
VIII	10	30%
IX	13	40%

Based on table 1 shows that most of the respondents were female, namely 20 people (61%), and respondents at the age criteria were mostly at the age of 14 years, namely 14 respondents (43%), and most of the respondents came from class IX, namely 13 respondents (40%).

1.2. Knowledge Level Before Intervention

TABLE 2. Distribution of categories of adolescent knowledge levels about free sex before being given free sex education at MTs. Maraqitta'limat Medas.

Knowledge	Frequencyi (f)	Precentage (%)
Less	14	42,4
Fair	15	45,5
Good	4	12,1
Total	33	100

Based on table 1.2 above, it can be explained that the level of knowledge of pre-test respondents, most of the adolescents' knowledge level is in the moderate category as many as 15 respondents (45.5%).

TABLE 3. Frequency distribution on each question on the level of knowledge of adolescents about free sex before being given free sex education at MTs. Maraqitta'limat Medas.

Question	Yes	No
	n (%)	n (%)
1 Promiscuous sex is a sexual relationship between a man and a woman without marriage.	20 (61%)	13 (39%)
2 Free sex develops from a western culture that emphasizes freedom.	14 (42%)	19 (58%)
3 One of the factors that encourage free sex behavior is the lack of control from parents.	19 (58%)	14 (42%)
4 Free sex is carried out by adolescents driven by sexual stimulation through mass media and online media	18 (55%)	15 (45%)
5 Promiscuity is not a factor driving the occurrence of free sex	21 (64%)	12 (36%)
6 Kissing is a kiss that is done with a partner of the opposite sex	27 (82%)	6 (18%)
7 Necking is sexual behavior that is done by hugging, holding breasts	25 (76%)	8 (24%)
8 Necking can be done by teenagers to their girlfriends because it is not a form of free sexual behavior	7 (21%)	26 (79%)
9 Intercourse is the contact of having sex or intercourse	23 (70%)	10 (30%)
10 Petting is an attempt to arouse sexual urges by looking at each other	22 (67%)	11 (33%)
11 Abortion or miscarriage, and pregnancy algae are not among the effects of casual sex.	13 (39%)	20 (61%)
12 Anal sex is not a behavior of casual sex	12 (36%)	21 (64%)
13 Casual sex can cause sexually transmitted diseases	25 (76%)	8 (24%)
14 Unwanted pregnancy is one of the effects of casual sex	24 (79%)	9 (27%)
15 Early marriage is one of the effects of casual sex	18 (55%)	15 (45%)
16 Being selective in choosing friends and associates can cause a person to engage in promiscuity	17 (58%)	16 (48%)
17 Promiscuity can occur due to the influence of peers	19 (58%)	14 (42%)
18 Media information that displays vulgar pictures or videos is not the cause of someone committing promiscuity	22 (67%)	11 (33%)
19 By getting closer to God Almighty we will avoid promiscuity	29 (88%)	4 (12%)
20 Promiscuity is also caused by the failure of adolescents to absorb norms	27 (82%)	6 (18%)

Based on table 3 above, it describes the results of the questionnaire on the level of knowledge of adolescents about free sex before being given free sex education at MTs Maraqitta'limat Medas, out of 20 questions. The results of the question that most answered correctly were 29 respondents (88%), namely question number 19.

TABLE 4. Distribution of Knowledge Level Categories of Adolescents About Free Sex After Being Given Free Sex Education at MTs. Maraqitta'limat medas.

Knowledge	Frequency (f)	Percentage (%)
Fair	6	18,2
Good	27	81,8
Total	33	100

Based on table 4 above, it can be explained that the level of knowledge of respondents in the posttest good category shows good results as many as 27 respondents (81.8%).

TABLE 5. Frequency Distribution on Each Statement of Adolescent Knowledge About Free Sex After being given Free Sex Education at MTs. Maraqitta'limat Medas.

	Statement	Yes	No
		n (%)	n (%)
1	Free sex is a sexual relationship between a man and a woman without a marriage bond.	33 (100%)	0 (0%)
2	Free sex develops from a western culture that emphasizes freedom	24 (73%)	9 (27%)
3	One of the factors that encourage free sex behavior is the lack of control from parents.	26 (79%)	7 (21%)
4	Free sex is carried out by adolescents driven by sexual stimulation through mass media and online media	28 (85%)	5 (15%)
5	Promiscuity is not a factor driving the occurrence of free sex	24 (73%)	9 (27%)
6	Kissing is a kiss that is done with a partner of the opposite sex	30 (91%)	3 (9%)
7	Necking is sexual behavior that is done by hugging, holding breasts	30 (91%)	3 (9%)
8	Necking can be done by teenagers to their girlfriends because it is not a form of free sexual behavior	22 (67%)	11 (33%)
9	Intercourse is the contact of having sex or intercourse	26 (79%)	7 (21%)
10	Petting is an attempt to arouse sexual urges by looking at each other	19 (58%)	14 (42%)
11	Abortion or miscarriage, and pregnancy algae are not among the effects of casual sex.	30 (91%)	3 (9%)
12	Anal sex is not a behavior of casual sex	24 (73%)	9 (27%)
13	Casual sex can cause sexually transmitted diseases	24 (73%)	9 (27%)
14	Unwanted pregnancy is one of the effects of casual sex	31 (94%)	2 (6%)
15	Early marriage is one of the effects of casual sex	27 (82%)	6 (18%)
16	Being selective in choosing friends and associates can cause a person to engage in promiscuity	32 (97%)	1 (3%)
17	Promiscuity can occur due to the influence of peers	31 (94%)	2 (6%)
18	Media information that displays vulgar pictures or videos is not the cause of someone committing promiscuity	23 (70%)	10 (30%)
19	By getting closer to God Almighty we will avoid promiscuity	33 (100%)	0 (0%)
20	Promiscuity is also caused by the failure of adolescents to absorb norms	29 (88%)	4 (12%)

Based on table 5 above shows that the results of the questionnaire related to the level of knowledge of adolescents about sex after being given free sex education at MTs. Maraqitta'limat Medas respondents who answered correctly the most on question number 1, namely 33 respondents (100%).

2. Bivariate Analysis

TABLE 6. Wilcoxon Test Results on the Effect of Sex Education on Knowledge about Free Sex in Adolescents at MTs. Maraqitta'limat Medas

	n	Median (minimum-maximum)	P
Level of knowledge about free sex Pre test	33	12 (3-18)	0,000
Knowledge level about free sex Post test	33	17 (13-20)	

Table 6 shows the results of Wilcoxon statistical analysis obtained a p-value of 0.000 which means the p-value (<0.05) which means Ho is rejected and Ha is accepted so it can be concluded that there is an effect of sex education on knowledge about free sex in adolescents at MTs. Maraqitta'limat Medas (Statistical test results attached).

Discussion

1. Knowledge Level of Teenagers Before Free Sex Education

Knowledge is a matter of knowing, and this occurs after someone senses a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, inhalation, taste and touch. But most human knowledge is obtained through the eyes and ears (Utami et al., 2022).

Based on the results of the study, it was found that of the 33 respondents who were given a questionnaire before getting free sex education, most of the results of the respondents' knowledge level were 15 people (15%), this means that the respondents' knowledge level was still not as expected. This is because respondents have not received much information about the dangers of free sex in adolescents, supported by the questionnaire statement answered by the respondent that promiscuity is not a driving factor for free sex and is important as an effort to arouse sexual urges by looking at each other (Yuniza et al., 2022).

Factors that affect a person's knowledge are information, the ease of obtaining information can accelerate a person's acquisition of new knowledge (Delyka et al., 2022). Wrong information about free sex can result in a person's knowledge and perception of the ins and outs of sex itself being wrong, this is one of the indicators of increased free sexual behavior among adolescents (Rahayu et al., 2023). In this study, all respondents were between 13-15 years old, which is the age of adolescence, this is in accordance with the opinion of Notoadmojo (Fatimah & Kardi, 2023).

2. Adolescents' Knowledge Level After Getting Free Sex Education

One of the ways used to increase adolescent knowledge is the free sex education method. Free sex education is inseparable from the activities of delivering good health messages to individuals, groups so that they can gain knowledge about good health. In free sex education requires media, namely in this study using media in the form of power points. Free sex education provided by researchers to the response has a positive impact on the level of knowledge of adolescents (Rosmawiah et al., 2024).

Based on the results of the study, it was found that there was an increase in knowledge after being given free sex education, most of the respondents had a good level of knowledge 81.8%, supported by the questionnaire statement answered by the respondents that free sex is sexual intercourse between men and women without marriage and free sex can cause sexually transmitted diseases 33 respondents (100%), where from adolescents who do not know and know the risks of free sex to understand after being given free sex education about the meaning of free sex, factors that cause free sex, examples of free sex behavior, the impact of free sex and prevention of free sex behavior. The good thing in this study is that the provision of free sex education is very useful for increasing adolescents' knowledge about free sex. In this study, the level of knowledge of adolescents increased due to the provision of free sex education that was structured and according to plan (Setyowati & Kurniawan, 2022).

The results of Irma's research (2023), with the title Socialization of the adverse effects of promiscuity on adolescents, state that socialization or counseling can change the level of knowledge of adolescents or students about the adverse effects of promiscuity for students of SMPN 56 South Konawes. The

knowledge or understanding of adolescents about the adverse effects of promiscuity before counseling the majority (64.0%) is not good and conversely the knowledge of adolescents after counseling the majority (76.0%) is good. This means that this service activity is quite successful as expected (Irma et al., 2023b).

The results of research by Rina Andriani (2022), with the title of the relationship between the level of knowledge and attitudes of adolescents with premarital sexual behavior, stated that based on the results of data analysis of the research that has been conducted, it is found that the level of knowledge and social environment has a significant relationship with adolescent behavior about premarital sex (Rina Andriani et al., 2022).

3. The Effect of Free Sex Education on Knowledge about Free Sex in Adolescents at MTs. Maraqitta'limat Medas

This study used the Wilcoxon statistical test with the results obtained a p-value of 0.000 (<0.05) which resulted in a very significant influence between free sex education and the level of knowledge. Free sex education is needed to increase a person's level of knowledge, seen from free sex education individuals can know and understand something that the results can be applied in everyday life. Through free sex education, the level of knowledge will be better than the knowledge obtained without being based on free sex education, it is also supported by the enthusiasm of the respondents who attended the event providing information about free sex and in the event the respondents were very cooperative (Yusnia et al., 2022).

The results of Nadya's research (2024), with the title sexual education in culture-based adolescents as a preventive measure of sexual violence, state that it is important for adolescents to get information about adequate and appropriate sexual education so that healthy sexual behavior can be realized and avoid sexual violence. In accordance with the results of this study that the provision of sexual education is very useful for increasing adolescents' knowledge about sexual impacts (Nadya, 2024).

The results of Wahyu Purwanza's research (2022), entitled Education on the abuse of free sex in adolescents, stated that from the post-test results that most students even almost entirely understood the material presented. All students have understood the causes, forms, affected parties and prevention of free sex. And 32 out of 36 students already know the purpose of sexual health education. This understanding must be the starting point for adolescents to avoid free sex in Indonesia (Wahyu Purwanza et al., 2022).

Conclusion

The main conclusions of this study can be presented in this section which stands alone or is formed from the results and discussion. The conclusion section should point to what is important in the research. It can also be followed by suggestions or recommendations relating to further research.

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